



FIT Pilates Abs Timeless Beauty Plan

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What To Expect

This 21-Day Workout Calendar and Workout Sheets is part of Phase 2 in the FIT Pilates Abs System. They are intended to give you a plan to using the system in the most efficient way.

All you have to do is give this calendar a short read, which will take just a few minutes and from there you can get started using your FIT Pilates Abs system.

By consistently following along the workout calendar you will stay on track and will learn to coordinate your movements and feel yourself getting stronger each day.

Following these routines will dramatically tone and firm your physique. You'll feel fit and strong as you progress through each series of workouts.

How To Use The Calendar and Workout Sheets:

This calendar has been created for you to use along with Phase 1 of the FIT Pilates Abs System. Follow along each day of the week for the workout of the day. Along with your calendar are workout sheets with all the exercise illustrations over the course of the 21-Day Plan.

You can start on any day of the week, doesn't necessarily need to be on Monday. However, you must complete the workouts in order as prescribed on the calendar.

Directions:

The Calendar and Workout Sheets have been created to help you stay on track with your Bodyweight Shaping System. The calendar and workout sheets can be printed out to help you with your success. The calendar has been created to begin on a Monday, if your schedule does not allow you to begin on Monday, start on the day that best suits you and continue following the program for the rest of the month.

This Calendar explains which follow along workout you will perform on each day for the BWS Method® to be the most effective. It will help you to stay on track.

For each day you will see a workout set for rounds (or sets) and recovery time.

For example: ***4R:20sec.recovery***

4R means 4 Rounds of each movement

20sec.recovery ...means 20 second recovery between each round

In addition, the Workout Sheets are to be used alongside your calendar.

FIT Pilates Abs

21-Day Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>3R:10, 20sec</i> Roll Up Curl Forearm Plank Jacks X-Climber	2 <i>3R:10, 20 sec</i> Push-Up Back Ab Leg Switch Side Twist	3 <i>3R:10, 20 sec</i> Core Cincher Ab Side Twist Tuck In	4 <i>3R:12, 20 sec</i> Roll Up Tricep Curl Down Plank X-Roll	5 <i>3R:12, 20 sec</i> T-Leg Switch Lunge Back Ab Reach Switch	6 <i>Tummy Sculpting WOD #1</i>
7 <i>3R:15, 20 sec</i> Spider Climber T-Extension Ab Kick Pushup	8 <i>3R:15, 20 sec</i> Tuck In Twist X-Pushup Lift V-Twist	9 <i>4R:12, 20 sec</i> T-Leg Switch T-Extension Out Pushup Out	10 <i>4R:12, 20 sec</i> Side Twist Pushup Twist Core V Leg Switch	11 <i>3R:15, 20 sec</i> Roll Up Core V Sit Core V Out	12 <i>4R:8, 20 sec</i> Core V Twist Plank Reach Lift Core Twist V2	13 <i>Tummy Sculpting WOD #2</i>
14 <i>3R:12, 30 sec</i> X-Pushup Lift Ab Leg Reach T-Extension	15 <i>4R:10, 20 sec</i> Pushup Back Ab Leg Switch Core Twist V	16 <i>3R:12, 20 sec</i> T Leg Switch Forearm Plank Hold Forearm Plank Jacks	17 <i>4R:10, 20sec</i> Core Cincher Plank Reach Plank X-Roll	18 <i>4R:12, 20 sec</i> Side Twist Spider Climber T Extension Out	19 <i>3R:18, 20 sec</i> X-Climber Ab Leg Switch Push-Up Back	20 <i>Tummy Sculpting WOD #3</i>
21 <i>Tummy Sculpting WOD #4</i>						

Overview of the 21-Day Plan

Day 1

3x10 Roll-Up Curl
3x10 Forearm Plank Jacks
3x10 X-Climber

Day 2

3x10 Push-Up Back
3x10 Ab Leg Switch
3x10 Side Twist

Day 3

3x10 Ab Side Twist
3x10 Core Cincher
3x 10 Tuck In

Day 4

3x12 Roll Up
3x12 Tricep Curl Down
3x12 Plank X-Roll

Day 5

3x12 T-Leg Switch
3x12 Lunge Back
3x12 Ab Reach Switch

Day 6

Tummy Sculpting WOD #1

Day 7

3x15 Spider Climber
3x15 T-Extension
3x15 Ab Kick Pushup

Day 8

3x15 Tuck In Twist
3x15 XPushup Lift
3x15 V-Twist

Day 9

4x12 T-Leg Switch
4x12 T-Extension Out
4x12 Pushup Out

Day 10

4x12 Side Twist
4x12 Pushup Twist
4x12 Core V Leg Switch

Day 11

3x15 Roll Up
3x15 Core V Sit
3x15 Core V Out

Day 12

4x8 Core V Twist
4x8 Plank Reach Lift
4x8 Core Twist V2

Day 13

Tummy Sculpting WOD #2

Day 14

3x12 X-Pushup Lift
3x12 Ab Leg Reach
3x12 T Extension

Day 15

4x10 Pushup Back
4x10 Ab Leg Switch
4x10 Core Twist V

Day 16

3x12 T Leg Switch
3x12 sec Forearm Plank
3x12 Forearm Plank Jacks

Day 17

4x10 Core Cincher
4x10 Plank Reach
4x10 Plank X-Roll

Day 18

4x12 Side Twist
4x12 Spider Climber
4x12 T Extension Out

Day 19

3x18 X-Climber
3x18 Ab Leg Switch
3x18 Pushup Back





Day 20

Tummy Sculpting WOD #3

Day 21

Tummy Sculpting WOD #4





DAY 1

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Roll Up Curl</i>	3	10		
<i>Forearm Plank Jacks</i>	3	10		
<i>X-Climbers</i>	3	10		

DAY 2

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Pushup Back</i>	3	10		
<i>Ab Leg Switch</i>	3	10		
<i>Side Twist</i>	3	10		

DAY 3

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Ab Side Twist</i>	3	10		
<i>Core Cincher</i>	3	10		
<i>Tuck In</i>	3	10		

DAY 4

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Roll Up</i>	3	12		
<i>Tricep Curl Down</i>	3	12		
<i>Plank X-Roll</i>	3	12		

DAY 5

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T-Leg Switch</i>	3	12		
<i>Lunge Back</i>	3	12		
<i>Ab Reach Switch</i>	3	12		






DAY 7

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Spider Climber</i>	3	15		
<i>T Extension</i>	3	15		
<i>Ab Kick Pushup</i>	3	15		

DAY 8

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Tuck In Twist</i>	3	15		
<i>X Pushup Lift</i>	3	15		
<i>V-Twist</i>	3	15		

DAY 9

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T-Leg Switch</i>	4	12		
<i>T Extension Out</i>	4	12		
<i>Pushup Out</i>	4	12		

DAY 10

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Side Twist</i>	4	12		
<i>Pushup Twist</i>	4	12		
<i>Core V Leg Switch</i>	4	12		







DAY 11

EXERCISE	ROUNDS	REPS	START	FINISH
Roll Up	3	15		
Core V Sit	3	15		
Core V Out	3	15		






DAY 12

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Core V Twist</i>	4	8		
<i>Plank Reach Lift</i>	4	8		
<i>Core Twist V2</i>	4	8		

DAY 14

EXERCISE	ROUNDS	REPS	START	FINISH
<i>X-Pushup Lift</i>	3	12		
<i>Ab Leg Reach</i>	3	12		
<i>T Extension</i>	3	12		




DAY 15

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Pushup Back</i>	4	10		
<i>Ab Leg Switch</i>	4	10		
<i>Core Twist V</i>	4	10		

DAY 16

EXERCISE	ROUNDS	REPS	START	FINISH
<i>T Leg Switch</i>	3	12		
<i>Forearm Plank</i>	3	12 seconds		
<i>Forearm Plank Jacks</i>	4	8		


DAY 17

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Core Cincher</i>	4	10		
<i>Plank Reach</i>	4	10		
<i>Plank X-Roll</i>	4	10		

DAY 18

EXERCISE	ROUNDS	REPS	START	FINISH
<i>Side Twist</i>	4	12		
<i>Spider Climber</i>	4	12		
<i>T Extension Out</i>	4	12		

DAY 19

EXERCISE	ROUNDS	REPS	START	FINISH
<i>X-Climber</i>	3	18		
<i>Ab Leg Switch</i>	3	18		
<i>Pushup Back</i>	3	18		